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THREE TO WATCH IN SOCHI

- 5 a.m. Charles Hamelin, who won 2 golds in Vancouver, seeks to hit the podium in the 1,500-metre short track.
- 8 a.m. Canada competes in men's curling and women's hockey.
- 11 a.m. Alex Bilodeau, above, will look to defend his Vancouver Olympic moguls title against teammate Mikaël Kingsbury. **GREG DOWNS/FOR METRO**

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TRUE PATRIOT LOVE

Tessa Virtue and Scott Moir hold their hands over their hearts during competition in free ice dance in the team figure skating event at the Iceberg Skating Palace during the Winter Olympics on Sunday in Sochi, Russia. Canada won a silver medal in the event, its fourth medal of the Games, so far.

For Olympics coverage, see pages 19-21. **BERNAT ARMANGUE/THE ASSOCIATED PRESS**

Calgarian-eye view of Games? 'Pretty amazing'

Sochi 2014. Tight security, but spirits high among fans and athletes, says attendee



**JEREMY
NOLAIS**
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Sochi's security is tight, but Canadian spirits are high, and reports of shoddy hotels and venues have been "overblown," according to a Calgary resident taking in the Games.

Metro reached Kelsey Linsig in the wee hours after the second full day of competition in Russia. She admitted prior to the Games to be a "little bit scared" of potential security threats in the host nation — Canada's own public safety minister said in a statement



Calgary's Kelsey Linsig at the base of the Sochi ski jumping venue.

COURTESY KELSEY LINSIG

earlier this month that fans taking in the Games "should maintain a high level of vigilance."

But Linsig said the security precautions taken at train stations leading into the athletes' villages calmed her fears — somewhat.

"I've been frisked more times in the last two days than I ever have in my life," she said with a laugh.

Linsig is staying at a hotel in Adler, about a half-hour drive southeast of Sochi. She said it comes complete with "clean, hot, running water."

Twitter pictures from reporters of yellow water coming from their Sochi hotel sinks, broken drapes and other accommodation shortcomings went viral last week.

But Linsig said she believes that, by and large, the Games have gone off without a hitch (she was quick to knock on wood, as the Olympics continue for another two weeks).

"I just feel like the rest of world is trying to pick apart everything that's wrong with the Games, when, in reality, it's been pretty amazing so far," she said.

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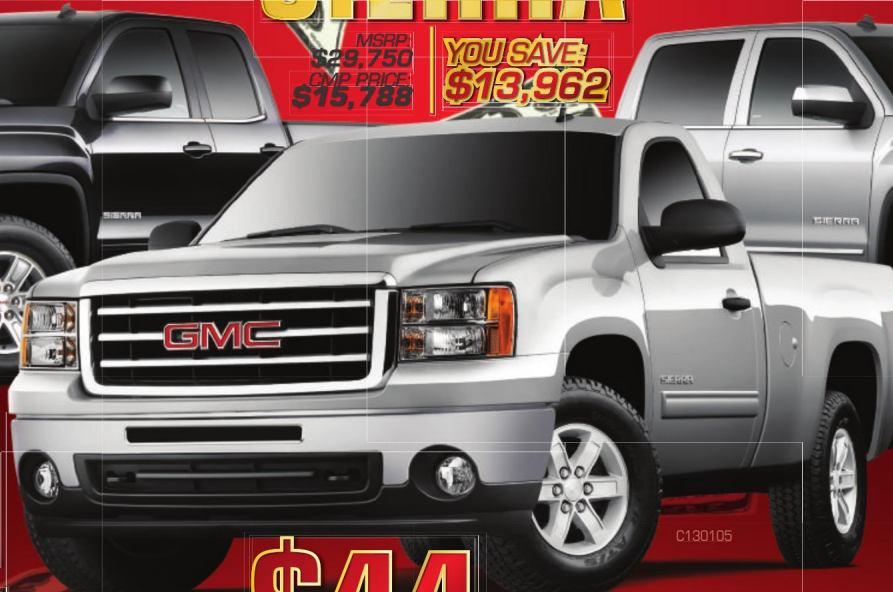
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Area structure plans

Developers to take on more planning costs

Calgary's method for building new communities continues to be revamped from the ground up, with the city preparing to give more developers additional say over the basic planning process, but also have them foot the bills.

This week, a city committee will vote on a plan to move forward with four more developer-funded "area structure plans" (ASPs), to go along with two already underway.

ASPs are the first step in planning how to build on a largely undeveloped piece of land. In the past, city staff came up with the plans and taxpayers paid for that work, which can cost into six or seven figures for a single plan.

The Cornerstone ASP in northeast Calgary and Rangeview ASP in the deep southeast, however, saw groups of landowners and developers put up the money to get the ball rolling, and also have more input on the process.

"From what I'm hearing from our administration and from developers, this is moving along very well," Coun. Jim Stevenson said of the Cornerstone ASP in his ward.

Coun. Shane Keating said the Rangeview plan in his ward is going "extremely well" so far and he would support allowing developers to do even more of the work in future ASPs, while also making them responsible for more sewer and water infrastructure costs later on. **ROBSON FLETCHER/METRO**

Fire. One person treated for minor injuries

One person was treated for minor burns and smoke inhalation after an early-morning fire in a southwest commercial building, according to the Calgary Fire Department.

Firefighters were called at 8:30 a.m. to a single-storey building at 17 Avenue and 37 Street SW and arrived to find heavy smoke and flames coming from the end unit of the



This image was posted Sunday morning. TWITTER: @RAYFACEEEE

building. The fire was contained to the one unit. **METRO**

Attempted robbery. Male suspect sought by police

Calgary police are seeking the public's help in locating a suspect after a man tried to rob a bank in the city's south end on Sunday.

A man walked into a bank in the 10,000 block of Macleod Trail shortly after 11 a.m. and handed the teller a note demanding money, but left before any cash was handed over, according to police.

The suspect is described as a white male in his 20s, about 5-foot-10 and between 150 and 160 lbs. He was wearing black sunglasses, a patterned toque, and a black winter coat with a fur-trimmed hood at the time.

Anyone with information is asked to call the police at 403-428-8787 or Crime Stoppers anonymously at 1-800-222-TIPS.

METRO

Fingers crossed one will be in your 'hood

New schools. Projects to be announced today



JEREMY NOLAÏS

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Thousands of Calgary families will watch with bated breath Monday as the provincial government unveils a slate of new school projects, which Metro has learned will be the last committed to the city as part of the premier's election promise.

Alison Redford made a pledge on the 2012 campaign trail to build 50 schools and modernize 70 others — to date, Calgary has been on the receiving end of 10 new buildings and nine modernizations.

A full list of the projects involved in Monday's announcement, which Redford will attend, wasn't clear at press time, but sources said that an arts-focused site known as the Youth Campus would be approved on the grounds of the Calgary Stampede.

That project had been first pitched by the charter Calgary Arts Academy roughly six years ago; however, the Calgary Board of Education had recently expressed interest to be included as well.

Elsewhere, the importance of the day ahead wasn't lost on parents with their "fingers crossed," like Jennifer Ratzlaff.

If the province approves a middle school in her McKenzie Towne neighbourhood, it would likely mean her older daughter would only need to be bussed 35 minutes each way to David Thompson School for one year.

In recent months, McKenzie Towne parents have flooded area MLAs and trustees with letters campaigning for the school. Ratzlaff said Sunday she's well aware that even if the project is approved, many parents elsewhere in the facility-strapped city will be disappointed.

"We have to scream for our community and it's awful that that's the state of education building in this incredibly wealthy province," she said.



A concept image of the Calgary Stampede Youth Campus. CONTRIBUTED

The McKenzie Towne middle school has been listed on the CBE's capital plan for a decade, the longest of any yet-to-be-approved project.

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Car use growing city-wide, but declining in downtown

Transportation modes. Fewer Calgarians walking in general, but more walking to and from downtown jobs



ROBSON FLETCHER
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Cars remain by far the dominant choice for overall travel in Calgary but transit leads the way for core-area commuting, according to a pair of city reports that tracked transportation habits over a decade.

The proportion of people commuting by bike to jobs in the city centre also nearly doubled during that span, according to the reports, growing from 2.5 per cent in 2001 to 4.0 per cent in 2011.

This, despite the fact that cycling remained steady at 1.0 per cent as an overall transpor-

tation choice city-wide, while car use grew from 77 per cent to 79 per cent over that decade.

The detailed reports came out last year but Paul Fairie, who teaches municipal governance at the University of Calgary, recently highlighted some of the specific results as they relate to city council's current debate over building a downtown cycle-track network.

Fairie said it's not surprising that car use has increased as a whole, given that Calgary's population growth between 2001 and 2011 came almost entirely in suburban areas at the city's peripheries.

"It's a direct response, I

would say, to the transportation choices the city has provided them," he said. "They provided roads and essentially nothing else."

Even then, Fairie added, car use in downtown areas typically declines as cities grow.

"It's just because it gets busier and busier and there's only so much road space you can ever build, without starting to knock stuff down," he said.

Coun. Evan Woolley said the growing number of core-area cyclists is one reason he supports building physically separated bike lanes.

"It takes them off many of the other roads and puts them onto one road, because if there's a fast, great connector route, they will use that route," he said. "Whether we do that or not, we are going to have thousands more cyclists coming in to the downtown. Now, this becomes a critical traffic issue, and this becomes a critical safety issue."

Commuters by transit

45.7%

The proportion of people commuting to downtown jobs by transit in 2011, up from 36.0% in 2001. Car use dropped from 50.6% to 36.4% during that same period.



Cars were the No. 1 choice of Calgarians commuting to downtown jobs in 2001, but transit took over the top spot by 2011, according to city reports that also found downtown cycle-commuting, while still the least popular choice, nearly doubled during that time. METRO FILE

Minister commits to reviewing post-secondary fees



Dave Hancock, Alberta's advanced education minister, wants more details on how post-secondary institutions determine non-instructional fees paid by students annually. METRO FILE

Alberta's advanced education minister is pledging to review heavily criticized non-instructional fees that post-secondary institutions charge over and above tuition.

The comments from Dave Hancock Sunday appeared to be slight progress for student leaders, who met with the minister Saturday and who've argued the fees constantly rise with no explanation.

Hancock's predecessor Thomas Lukaszuk, who now heads the provincial jobs ministry, questioned the purpose of the fees in an interview last year, but said he feared putting restrictions on them would appear too much like the government was "micro-

managing" institutions.

Hancock, however, noted the province is already reviewing tuition and funding models for institutions and said there would be "no sense" of excluding other fees from that process. Hancock did refrain from delving into what could change about students costs in the wake of the review, stating "there's not a lot of meat to that yet."

But he added, "More important was the issues raised by students on the transparency of it (fees). We've got students on the board of governors at each of the institutions and they should be able to know what is being charged, what is proposed and how it

links back."

Students at Calgary's Mount Royal University forked out \$120 in services fees for the first time this school year. Sadiq Valliani, president of the Students' Association of Mount Royal University, said the revenue generated from the fee appears to be poured into the school's general operating budget.

Valliani later added, "That then begs the next question — If students are paying directly for a particular service, do they then have a say in how that's service is managed or operated or is treated just like a regular, other university service provided?"

JEREMY NOLAIS/METRO

Money matters

- Last year, University of Calgary officials did provide the school's Students' Union with a breakdown of the revenue generated under its non-instructional fee — \$450 a year — but representative Conner Brown accused planners of "working backwards" in trying to justify the charge.
- Brown said Sunday his group wants to see increases to the fee capped at the rate of inflation.

Second deadly crash

Glenmore Trail safety to be raised at city council

Safety concerns surrounding a section of Glenmore Trail will be raised at city council Monday following a fatal crash over the weekend, the second in less than two months.

A woman was killed and three people, including a five-year-old girl, suffered traumatic injuries in a two-vehicle crash in the 1,800 block of Glenmore Trail Saturday.

The collision happened around 11:20 a.m., according to police, when a westbound Ford 150 lost control, struck a centre median and went over a guard rail, striking an

eastbound Honda Accord, according to police.

The front passenger in the Accord, a 63-year-old woman, was killed at the scene.

The location of the crash is not far from the site of an earlier fatal collision in mid-December, in which 18-month-old Calgary toddler Travis Bertrand was killed when the truck he was riding

in lost control, overshot the divide and was hit by a semi.

Coun. Gian-Carlo Carra, who represents the area, plans to query city staff about that particular section of Glenmore at Monday's city council meeting.

"The big question is whether the two similar fatalities on this stretch of road are a terrible coincidence, or whether there's

a concrete action we need to take — like improving the barrier technology between the east and west-bound traffic — to improve public safety," Carra said. "I'll be asking that question officially (Monday) in council but I'm confident that the question is already being studied by our staff."

The driver of the Accord involved in Saturday's crash suffered critical

injuries, while the two rear passengers, a 22-year-old woman and a five-year-old girl, suffered serious injuries.

The female driver of the F150 suffered minor injuries.

Road conditions were slippery at the time of this collision, according to police, who believe speed may have been a factor in the crash. ROBSON FLETCHER/METRO

Teen Athlete's Sight Restored

Former Team Canada gymnast receives cornea transplant and resumes active life

At 13, Alysa Samaratunga's life was full of promise. A talented gymnast from Vancouver, B.C., she spent 40 hours per week in training and travelled the world winning medals for Team Canada. Her goal was to participate in the 2012 London Olympics. But all that changed in – what one could say was – a blink of an eye.

"I woke up one morning with an eye infection," remembers Alysa. "I'm not sure what set it off, maybe bacteria behind my contacts, maybe from a hot tub."

It started as itching and soreness and soon become debilitating. As the infection grew, Alysa's pain became almost unbearable and her right eye went cloudy white. Alysa's mom, Kate Samaratunga, could see that the infection was spreading and that her daughter was suffering. With continued insistence, Kate had Alysa seen by an ophthalmologist. The infection cleared by putting drops into the eye every 15 minutes for three days. But by this point, Alysa had lost vision in the eye. For four months following the infection, which was diagnosed as *Pseudomonas aeruginosa*, Alysa was out of commission. With no depth perception, her Olympic dreams died.

Alysa adjusted to life with sight in only one eye, but as a former athlete and as a teenager, there were many normal, everyday things she could not do. "I would try to pour a glass of milk and I would miss the glass," Alysa recalls. And she knew she couldn't get her driver's license. Her only hope to resume a normal life was a cornea transplant.

"At any given time, more than 2,000 people may be waiting for transplants across Canada and wait times can vary from four or five months to three years," says Dr. Guillermo Rocha, a Manitoba cornea transplant surgeon and a member of the Canadian Ophthalmological Society.



Alysa Samaratunga, from Vancouver, B.C., is thankful for the cornea donation that restored sight in her right eye.

Although Dr. Rocha observes that cornea waitlists have improved slightly over the past few years, he asserts that Canada still needs a national strategy on organ and tissue donation and transplantation. Wait times vary widely across the country and cornea transplant surgeons typically manage their own wait lists. It's not that corneal tissue is particularly hard to come by; in fact, it's quite the opposite. "Of all the types of transplantations, I would say cornea transplant is the easiest," Rocha says. "You basically want a cornea that is healthy." Individuals who are near- or farsighted, for example, are still good candidates as cornea donors.

"The sad thing is that we know if we were elsewhere, like in the United States or even India or Colombia, they would be getting corneal tissue within two weeks," says Rocha. Waiting lists are almost nonexistent in other countries, including the U.S. and the U.K. "You can schedule a surgery there and you know a cornea will be available."

Alysa had her transplant at Mount St. Joseph's Hospital, Vancouver within 18 months of the initial infection and it changed her life. She is now in her last year of high school and is looking at a career in business. She's obtained her driver's license and re-entered the sports arena through competitive cheerleading.

"I am so thankful for the opportunity at having full sight again," says Alysa. "It's allowed me to live my life to the fullest without the limitations. I'm so grateful to the donor and I want the family to know I will make the most out of my second chance at full sight. My condolence goes out to the family who lost their loved one and I thank you for giving me the gift of sight again." Public opinion polls conducted by Canadian Blood Services have shown that 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

There are not enough eye donors in Canada to meet the needs of Canadians, and new patients are being diagnosed and added to the waiting lists. Thousands continue to suffer from corneal blindness while they wait for a donor. Corneal blindness can be the result of injury, infection or disease. Eye donation is an opportunity to restore the sight of Canadians suffering from corneal blindness, and allow them to live a fuller life. Most people can become an eye donor. People who wear glasses can donate in most instances and individuals with cancer or diabetes may become eye donors.

"Families find comfort in knowing their loved one's last act was to give the gift of sight and life through eye and organ donation," says Dr. Martin McCarthy, Alysa's surgeon. "Please talk to your family about your wish to be an eye donor."

One donor can restore sight for two people and potentially help many more people in the transplantation of other organs and tissues. Sign up today. The ways to register or declare your intentions to donate vary from province to province. Go to organsandtissues.ca/donate and click on your province to find out how to become a donor.

Insight

The facts about cornea tissue, transplants and wait times

Blindness and vision degeneration due to conditions affecting the cornea are treatable. With cornea transplants, vision can be restored. But as shown by statistics (see below), the wait for transplants in Canada can be long and the effects of vision loss are grave.

An estimated 2,000 Canadians are waiting for a cornea transplant. Transplant wait times in Canada can vary from four or five months up to three years.

There are eight eye banks in Canada, excluding the province of Quebec.

Financial and societal costs of vision loss are significant.* People with vision loss typically experience the following:

- twice the risk of a fall or premature death
- low income — the employment rate of working-age adults with significant vision loss is only 32%, and 50% of adults with vision loss live in poverty
- more medication errors
- two to five times as much difficulty with daily living
- three times as much clinical depression
- twice as much social dependence

* "The Cost of Vision Loss in Canada," CNIB and the Canadian Ophthalmological Society, 2009


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Building bridges? Money for 'major infrastructure projects' will be in budget

Finance Minister Jim Flaherty says his upcoming federal budget will contain money for "major" infrastructure projects.

Flaherty told CTV's Question Period that infrastructure is a good investment, but the government must be prudent at the same time.

"There will be money for infrastructure, and very importantly, major infrastructure projects in Canada, major economic infrastructure projects," Flaherty said.

"It is all about the economy and jobs. I mean, that's the primary job of the federal government in this country. We will be investing and we will be ensuring that we move forward on the economic front, not just balance the budget."

One such project might be a second bridge between Detroit and Windsor, Ont. Reports earlier this month said Canada plans to start buying land on the Michigan side of the Detroit River to build the new crossing, a short distance from the existing Ambassador Bridge.



Minister of Finance Jim Flaherty speaks in Toronto on Friday.
AARON VINCENT ELKAIM/THE CANADIAN PRESS

In its recent throne speech, the Harper government signalled it would spend billions of dollars over the next decade on major regional infrastructure projects. The throne speech explicitly mentioned the second Detroit-Windsor bridge, subways in the Greater Toronto Area, replacing the Champlain Bridge in Montreal and building Vancouver's Evergreen Line rapid-transit extension.

THE CANADIAN PRESS

'Canadian Idol' doctor to stand trial for terrorism



Terror suspect Khurram Syed Sher, who was arrested in August on terrorism charges related to an alleged bomb plot, leaves the Ottawa Courthouse after being granted bail in 2010. SEAN KILPATRICK/THE CANADIAN PRESS

Attack was months away: RCMP. Khurram Syed Sher faces charges related to alleged plot that stretched from Ottawa to Middle East

More than three years after his arrest, a man who once auditioned for Canadian Idol will face trial on a terrorism charge.

Khurram Syed Sher, a doctor of pathology from London, Ont., is to be tried by a judge alone in an Ottawa courtroom.

Sher, 31, was charged along with two other men in August 2010 with conspiracy to facilitate terrorism.

Following the sensational arrests, police said they seized terrorist literature, videos and manuals, along with dozens of electronic circuit boards allegedly designed to detonate homemade bombs remotely.

International effort

An undercover source working for Canada's main spy agency and sensitive intelligence from the U.S. and U.K. helped build the case against the alleged conspirators, court documents indicate.

Police claimed the alleged plot stretched from Ottawa to Afghanistan, Dubai, Iran and Pakistan. A senior RCMP officer said at the time that an attack was still months away, but that the plotters were moving into a preparatory phase.

The McGill University graduate, who has been free on bail, worked as an anatomical pathologist at St. Thomas Elgin General Hospital in St. Thomas. He made international headlines shortly after his arrest when it emerged he had once sung and danced on the Canadian Idol program.

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Factory owners denied bail after surrender

Bangladesh. Husband and wife face homicide charges in connection to deadly fire that killed 112 workers in 2012

2012 fire that killed 112 workers surrendered to a court Sunday and were denied bail.

The investigation found that when the fire broke out, managers and security guards told workers it was part of a regular drill and it was too late for many to escape. Workers found the gates locked from outside as the fire engulfed the sprawling building, according to the investigation.

The two owners of a Bangladesh garment factory who are facing homicide charges for a

Police filed homicide charges on Dec. 22 against 13 people, including the owners of Tazreen Fashions Ltd., Delwar Hossain and his wife, Mahmuda Akter. Arrest warrants were issued Dec. 31 for six who police said had fled, including the two owners.

After Hossain and Akter surrendered Sunday, a Dhaka court rejected their bail petition and ordered them to be

jailed, pending further legal procedures.

If found guilty, the accused face a minimum of seven years and up to life in prison, Babul said. Of the 13 accused, four are still at large.

It's the first time Bangladesh has sought to prosecute factory owners in its lucrative garment industry, which is the world's second largest after China.

THE ASSOCIATED PRESS



Delwar Hossain, centre right, and his wife, Mahmuda Akter, left, are escorted to a court in Dhaka, Bangladesh, Sunday. THE ASSOCIATED PRESS

Bosnia. Marchers demand release of protesters they claim were beat by police

Hundreds marched in Sarajevo Sunday to accuse police of mistreating arrested protesters and demand their release.

For the fourth day in a row, demonstrators also called on the government to resign because of the nation's almost unemployment rate and alleged widespread corruption.

The head of the local police station, Mirsad Sukic, told a crowd that none of the 44 people who were taken in custody had been mistreated or were minors, and that all but 10 have been freed.

But 17-year-old Harun Cehajic, who claimed he is one of the freed protesters, said he

and others were beaten in the basement of the station and not allowed to sleep for 26 hours.

"They destroyed us," he said.

Sunday's protesters also yelled "Let the kids go, bandits!" at police in full riot gear who stood nearby. The crowd then marched to a prosecution office where protesters still in custody are believed to have been transferred.

More than 300 were injured in the past four days during the worst social unrest Bosnia has seen since its devastating war. On Friday, protesters set fire to the presidency and 17 other government buildings in several cities. THE ASSOCIATED PRESS

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Policemen secure an area in front of a burnt government building Saturday. AMEL EMRIC/THE ASSOCIATED PRESS

Kashmir

Police hunt for official charged with sex assault

Police were searching Sunday for a lawmaker from Indian-controlled Kashmir who is wanted on charges of sexually assaulting a female doctor in the Himalayan territory, officials said.

Chief Judicial Magistrate Rajiv Gupta issued an arrest warrant for Shabir Ahmad Khan on Saturday based on a police complaint filed by the doctor last week.

THE ASSOCIATED PRESS

Russia

Nun killed after man opens fire in cathedral

A man opened fire Sunday in a cathedral on Russia's Sakhalin Island, killing a nun and a parishioner and wounding six others, investigators said.

Officers detained the 24-year-old man and were trying to determine why he had attacked the Russian Orthodox cathedral in the city of Yuzhno-Sakhalinsk, the federal Investigative Committee said in a statement. THE ASSOCIATED PRESS



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Zoo giraffe killed, genes not wanted



The carcass of Marius, a male giraffe, is eaten by lions after he was put down at the Copenhagen Zoo on Sunday.

PHOTO, RASMUS FLINDT PEDERSEN/THE ASSOCIATED PRESS

Copenhagen Zoo.
Too many giraffes with similar genes in breeding program – male put down, fed to carnivores

Copenhagen Zoo turned down offers from other zoos and \$680,000 from a private individual to save the life of a healthy giraffe before killing and slaughtering it Sunday to follow inbreeding recommen-

dations made by a European association.

The two-year-old male giraffe, named Marius, was put down using a bolt pistol and its meat fed to carnivores at the zoo, spokesman Tobias Stenbaek Bro said. Visitors, including children, were invited to watch while the giraffe was dissected.

Marius' plight triggered a wave of online protests and renewed debate about the conditions of zoo animals. Before the giraffe was killed, an online petition to save it had

received 20,000 signatures.

Stenbaek Bro said the zoo, which has seven giraffes left, had received a recommendation to put down Marius by the 347 member European Association of Zoos and Aquaria because there were already a lot of giraffes with similar genes in the breeding program.

Copenhagen Zoo turned down an offer from an individual who wanted to buy Marius; a spokesperson said zoos don't own the animals.

THE ASSOCIATED PRESS

Vienna. Iran, UN agency agree to expand probe into nuclear activities

The UN nuclear agency says Iran has agreed to let the agency expand its probe of Tehran's nuclear activities.

The UN's International Atomic Energy Agency says the two sides signed off this weekend in Tehran on "seven practical measures" to be implemented by Iran by May 15.

The IAEA statement gave no details Sunday.

The agency suspects that Iran worked secretly on nuclear arms, something Tehran denies.

Their investigation has been stalled for more than six years.

But the IAEA hopes to make progress signed under an agreement with Tehran in November that foresees a step-by-step approach to unresolved questions, starting with less sensitive issues and progressing to the arms-related queries.

Co-operation

7

Iran has agreed with the UN's nuclear agency to "seven practical measures" to be implemented by Iran by May 15.

The talks are separate from negotiations between Iran and six world powers on Tehran's known nuclear programs.

But both Iran and the IAEA spoke of progress in a process that the agency hopes will unroll as a step-by-step approach to unresolved questions, starting with less sensitive issues and progressing to the arms-related queries.

Nuclear physicist Yousaf Butt was quoted as welcoming the agreement as a "positive development."

THE ASSOCIATED PRESS

H1N1 virus

Egypt hit hard by swine flu

Egypt's Health Ministry says the number of people killed by swine flu in the country since December has reached 38.

In a statement Sunday, the ministry said that more than 1,300 people have been hospitalized after being infected by the virus.

On Tuesday, the government reported 24 deaths from the virus.

In 2009, the global swine flu pandemic prompted Egyptian authorities to slaughter around 300,000 pigs previously used to dispose of the city's organic garbage. However, Jason McDonald, of the U.S. Centers for Disease Control and Prevention, has said that the virus is now most often transmitted from human to human, and not through contact with pigs.

THE ASSOCIATED PRESS



Pressure continues to mount in Ukraine

Riot police block a street, the Museum of the Ukrainian Arts in the background, in central Kyiv, the epicentre of the country's current unrest, on Sunday. Ukraine's security agency warned yesterday of a heightened risk of terrorism, including from the anti-government protests. The warning raised the pressure on the opposition as parliament tries to find a way out of the crisis. EFREM LUKATSKY/THE ASSOCIATED PRESS

Execution won't bring closure: Victim's father

Jimmy Ryce case. His son's killer being put to death won't be a panacea for Don Ryce

In the 18 years since nine-year-old Jimmy Ryce's rape and murder, his father and his mother, before her death, tried to alleviate the pain of their family's tragedy by working for society's good. They pushed for new laws regarding confinement of sexual predators and worked to improve police procedures in missing child cases.

But with the killer's scheduled execution set for Wednesday, Don Ryce said the death of Juan Carlos Chavez will finally bring some measure of justice. Barring a successful last-minute appeal, Chavez is scheduled to die by lethal injection at Florida State Prison in Starke.

"People sometimes say that will bring you closure. There is no such thing as closure, hate that word. It doesn't resolve everything for you. My child will not suddenly come back if Chavez is executed," said Ryce, a 70-year-old retired labour lawyer. "But it's important to close that chapter out in my



Don Ryce talks to a reporter in Miami in this Feb. 5 photo. Juan Carlos Chavez, 46, who kidnapped, raped and murdered nine-year-old Jimmy Ryce 18 years ago, is scheduled to be executed Wednesday. ALAN DIAZ/THE ASSOCIATED PRESS

life and to feel like justice has finally been done for my son."

Ryce said in a recent interview that in the years since Chavez was arrested for Jimmy's slaying he felt "the universe is a little bit twisted" because he has also lost his wife, Claudine, and daughter Martha while Chavez remained alive.

Chavez abducted Jimmy at gunpoint after the boy got off a school bus on Sept. 11, 1995, in rural southwestern Miami-Dade County. Trial testimony showed Chavez, who worked on a local ranch, raped the boy and then shot him when he tried to escape, dismembering his body and putting the parts in planters that were then covered in concrete.

Despite an intensive search by police and volunteers, regular appeals for help through the media and distribution of flyers about Jimmy, it wasn't until three months later that Chavez's landlady discovered the boy's book bag and the murder weapon — a revolver Chavez had stolen from her house — in the trailer where Chavez lived. Chavez later confessed to police and led them to Jimmy's remains.

Ryce said he and his wife became determined to turn their son's horrific slaying into something positive, in part because they felt they owed something to all the people who tried to help find him. They also refused to wallow in misery. THE ASSOCIATED PRESS

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That's so '90s. Neon isn't the only fad that's back, brain drain tales return

Tech startup HootSuite wants to hire 100 software engineers this year and it says it will be all but impossible to find them in Canada.

The Vancouver company, like other Canadian tech companies, is competing with San Francisco's Silicon Valley, which regularly draws software engineers to work at heavyweights Google, Twitter, Facebook, Apple and LinkedIn, and startup firms.

HootSuite will likely have to recruit internationally to add to the ranks of its 80 software engineers, said Ambrosia Humphrey, the company's head of human resources. "It's a bit of a brain drain," Humphrey said.

HootSuite competes against recruiters, such as San Francisco-based Hired.com, which is looking for as many as 200 Canadian software engineers for Silicon Valley firms to hire.

For Matt Mickiewicz, co-

O Canada!

"Even for the patriotic, diehard Canadian who insists on their startup being in Canada, in many cases the company gets to a point where it's forced to sell to a U.S. big tech firm."

A portfolio manager in Ottawa

founder and CEO of Hired.com, it's not a brain drain from Canada. He said it offers an opportunity for engineers to get work experience and connections in the venture capital community.

"Then they'll come back to Canada and utilize those skills to start new companies and mentor the next generation of up and comers," said the Canadian who has also opened up a Vancouver office for Hired.com.

THE CANADIAN PRESS

Take stock: Don't just ride out ups and downs



HOW TO ROLL
Alison Griffiths
metronews.ca

Inversions, helix turns and barrel rolls are vomit-inducing delights courtesy of the world's scariest roller coasters. But you don't need to travel to Istanbul, Abu Dhabi or Cedar Point, Ohio, for a dose of fear. Just being invested in the stock market of late will suffice.

Daily triple-digit losses are starting almost to be normal. The S&P/TSX Composite has

been gyrating between 12,000 and nearly 14,000 over the past year. The U.S. S&P 500 has been similarly volatile, especially in the last month.

With RRSP season upon us, investors are wondering whether to retreat to the safety of cash, lest a 2008-09-style crash devastate retirement accounts. Those who made that move before the financial crisis was upon us — and then got back into the stock market at the bottom — did brilliantly. But hardly anyone got that bet right.

I don't believe in staying the

Do your homework

It's often difficult to figure out the equity/fixed-income ratio with mutual funds, which can hold stocks, bonds and cash.

- If mutual funds are lumped together on your statement an adviser can give you a complete

breakdown, or you will have to do a bit of legwork yourself.

- If you have 75 per cent in equities, for example, be sure you're comfortable with the risk. Otherwise, reduce and be safe.

course and waiting out volatility. Rather, everyone should take a hard look at holdings before investing more money.

Automatic investment plans are great conveniences. But they tend to put one in, well, automatic mode.

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Airlines weighed down by baggage of service complaints

A weary traveller searches for her luggage in the baggage-claim area at Toronto's Pearson International Airport in January after a ground stop delayed or cancelled hundreds of flights and created a huge backlog. In its annual report, the Canadian Transportation Agency says it received 301 complaints against eight Canadian carriers in 2012-2013, up from 215 complaints in 2011-2012. Quality-of-service complaints — including allegations about rude, unhelpful staff and poor communication — were the most common for the seventh year in a row. RANDY RISLING/TORSTAR NEWS SERVICE



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WHAT WOULD YOU HAVE TO DO?

- Assist your child in filling out questionnaires and bring them to the University for the test days

WHAT ARE THE BENEFITS?

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WAVE THAT FLAG WITH PRIDE

As I write this, the rainbow flag is flapping triumphantly in the cold February breeze over Calgary city hall.

A symbol of love and tolerance, it may seem like a small gesture in light of the controversy and outcry over Russia's abuse of its gay and lesbian people, it's also just one of many political gestures in a long line of political statements over the Olympics.

The Summer and Winter Games are supposed to be about harmony and athletic excellence, a place to celebrate all of the great things sport can bring to our lives, but also a way to promote understanding and peace.

Wanting to remove the politics and manoeuvring around the games seems to be a common sentiment; however, if you look at the history of the Olympics, it's been a common thread through its history.

From Jesse Owens single-handedly annihilating Hitler's Third Reich Olympic aspirations in Berlin, the Black Power salute (and



High Plains Drifter
James Callsen
calgary@metronews.ca

subsequent ejection of two members of the U.S. track team) during the 1968 Mexico games, the boycotts of both Moscow and Los Angeles and even protests from First Nations groups in Vancouver, having the eyes of the world for 10 days often provides too great of an opportunity for a statement.

In fact, to some, it would seem like a wasted opportunity to not do something.

The horrors of the 1972 Munich Games, where 11 Israeli athletes and coaches were killed by Palestinian terrorists ushered in a darker era.

The world could no longer see the Games strictly as they were, and despite everyone's best efforts, it set a tone for Olympics to come, through heightened security and tensions.

The games became something much bigger, with much higher stakes, than could have been imagined in the Olympics' early days.

The Games as political opportunity

The individual can see it as an opportunity to raise awareness, nations can see it as a virtual chessboard for posturing and for terror groups, it's a target that can provide maximum impact.

It's very easy to opine about the Games becoming too politicized, but there's often much more at stake than just medals. The individual can see it as an opportunity to raise awareness, nations can see it as a virtual chessboard for posturing and for terror groups, it's a target that can provide maximum impact.

Abhorrent acts of terrorism notwithstanding, using the Games as a platform isn't entirely a bad thing. Russia is taking a beating for its anti-homosexual stance, and the average sports fan might not have paid it any mind if it wasn't for the Games. If opening up someone's mind to injustice is a sidebar to Olympic competition, I'm OK with that.

ZOOM

Since it's not in the Olympics yet ...



CLEMENT ALLARD/THE CANADIAN PRESS

Cheese trumps insurance at Carnival

Team Fromagerie Ile aux Grues, pictured in red, won the ice canoe race on the Saint Lawrence River as part of Quebec's Winter Carnival activities Sunday in Quebec City. Team La Capitale insurance, in blue, finished second.

Ice canoeing started as a

gruelling, dangerous, necessary means of transportation across the frozen Saint Lawrence River during the winter. The legend is that the racing began as a competition between families for the contract to deliver the mail. Now there's several regular annual races, including at Quebec City's Carnaval de Quebec, the biggest winter carnival in the world. More

than 40 teams compete, struggling with the powerful current, great chunks of ice and numbing water.

Other Carnival activities for the 17-day festival include night parades, ice fishing, concerts, snow sculptures, slide runs, horse-drawn sleigh or dogsled rides, skating and a giant football game.

THE CANADIAN PRESS/
CANADACOOL.COM

Sorry, Sochi

The race is the main event of the carnival. The teams race across the Saint Lawrence River from Quebec City (Basin Louise) to Lévis and back. The Saint Lawrence is the only place in the world where this sport is practised.

WE ACT: CANADA DOES GOOD

Q&A with an inner-city community builder



CONTRIBUTED

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

Who: Jamil Mahmood, grassroots community development leader

Where: Winnipeg

What: Community leader

Why: "When you make little steps at the community level, it has a lot of impact."

Nine years ago, Mahmood's passion for community development led him to Winnipeg's public gardens to co-ordinate summer programs for the Spence Neighbourhood Association. There, he met many youth and learned about the challenges they faced and the dialogue they wanted to start around improving their community. They just needed an activity to get the ball rolling.

So Mahmood started a soccer program. What started as kids kicking a ball around a field has grown into the inner city's largest sports program — one of many community initiatives he oversees.

What's the first step of getting involved?

"Getting to know people. Before I started doing work with community members, I always got to know what they're about. Hearing families' stories and challenges was eye-opening."

Most rewarding part of your work? "Last year, a youth that played on our first-ever team got a full-ride basketball scholarship to the University of Victoria. When you give kids an opportunity to play and they run with it, you know you're doing something right!"

CRAIG AND MARC KIELBURGER

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Addison Timlin and Anton Yelchin star in *Odd Thomas*, part of the Sinister Cinema series. CONTRIBUTED

That odd thing called love

Addison Timlin. Actress talks about her leading lady role in the Dean-Koontz-penned *Odd Thomas*

CHRIS
ALEXANDER
scene@metronews.ca

There's something odd about *Odd Thomas*, both the film and the same-named protagonist played by Fright Night's Anton Yelchin.

The eerie, lively and amusing supernatural adventure (which opens this Friday in Canada and is directed by The

Mummy's Stephen Sommers) is an adaptation of the celebrated cult novel by horror-meister Dean Koontz in which sweet-natured short order cook Odd uses his uncanny ability to "see dead people" to avenge ghosts, battle a human fungus and save the world.

But behind every good monster-hunting man is a good — and tolerant — woman, and Odd's main squeeze is the lovely Stormy Llewellyn played by the equally lovely Addison Timlin (*Zero Hour*). Playing a beloved character with literary origins wasn't a task taken lightly by the 22-year-old actress.

"First and foremost," Timlin says, "you have to share the character."

"Stormy was not my own, I had to create a version of her. I had to find a way to capture how lovely her spirit was and I did read the books. There was plenty of highlighting and tons of notes. And since Anton helped find his character by training with a real fry cook, I ended up working at an ice cream parlor in New Mexico. Seriously."

Such dedication to sculpting a multidimensional character in an effects-heavy supernatural horror-drama is to be commended. The result of both Yelchin and Timlin's methods is a palpable on-screen romance that — although never really explained — is genuinely moving, a rare chemistry that

is refreshingly bereft of exposition.

"It's really very simple," says the actress. "We all decided that when you're really in love, your whole world becomes that thing, two people who really understand each other, who have certain attributes of each others' personalities in each other, who have this rapport with each other."

"I'm a sucker for romance in any case and that's what drew me to the film first and foremost, its love story."

And for those viewers cautious of watching an intimate dark fantasy drama helmed by one of Hollywood's most indulgent directors (Outside of The Mummy films, Sommers also

Sinister Cinema

Odd Thomas is part of Cineplex's Sinister Cinema series. For more information on screening times and locations, visit cineplex.com.

directed the bloated Van Helsing and G.I. Joe), Timlin assures that Sommers had complete control. "I think people forget that before *The Mummy*, Stephen was a writer first. He has a good eye for moments between people and a genuine love for storytelling. And Dean Koontz loves the movie, which should tell you something!"

E-books

Rain Shadow

By: Rebecca Hansen Carrer

iBooks



MIND THE APP
Kris Abel
@RealKrisAbel
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The prospect of undiscovered wealth drove men to shameful acts of subterfuge and violence in the late 1800's acquisition of water rights for Los Angeles. This well-researched, fictionalized account follows a young girl as she grows up through the corruption. Zoomable maps, a music score, and pop-up history notes enhance the story.

RoboCop. Canuck actors thrilled with the tech

The '80s classic *RoboCop* gets a movie makeover this week with a slew of modern-day visual effects, but the star of the film is still that heavily armoured suit, say two of the reboot's Canadian co-stars.

The beloved action flick returns Wednesday with Joel Kinnaman in the leading role of Alex Murphy, a critically injured cop who is transformed into a human-robot hybrid by a corporation bent on re-inventing law enforcement. As in the original, the action is set in a futuristic crime-ridden Detroit.

Toronto-bred co-star K.C. Collins says performing opposite a fully encased Kinnaman — who was forced to wear a costume weighing roughly 20 kilograms — was "very in-

tense" and "very intimidating." "The suit is still the suit," says Collins, who plays a street-smart fellow cop. "The suit is still hardware, it's tangible in this film, it's not something that's, like, throw a few (motion capture) dots or whatnot and then go create it on the computer."

As a fan of the original 1987 film, Collins says he was glad to be just as impressed with the eye-popping visuals as he was when he was a kid.

He recalled watching the film's Swedish star, best known in North America for starring in *The Killing*, enter his trailer as a regular guy but emerge as a deadly machine.

"It was weird to see how one can be transformed in front of your eyes into a superhero,"

Actors Gary Oldman and Joel Kinnaman pose with *RoboCop*. CONTRIBUTED

says Collins, who added that he had not yet seen the final film.

"That was incredible. We deal a lot with green screen and whatnot in this business, but to really see him put on this suit ... it was incredible. That was interesting for me as an actor who's seen a lot — to still be amazed. That's always the best feeling."

The action takes place in 2028, but the science on display

is all very plausible, says fellow Canuck co-star Patrick Garrow, who marvelled at advances in day-to-day technology since the original film debuted in 1987.

But despite all the cool tools on display, this is not just a blow-'em-up action flick, he adds, noting that the deeper social themes that endeared the first *RoboCop* to fans and critics alike were maintained.

THE CANADIAN PRESS

LaBeouf: Now plagiarizing for press conferences, too

Welcome to the deep end, Shia LaBeouf. The actor, who has had quite the time of it these past few months, is racking up more weirdness points after showing up at a press conference for Nymphomaniac in Berlin on Sunday looking filthy, "missing a lower tooth," and then storming out after uttering a nonsensical quote. Oh, and then he showed up on the red carpet with a bag on his head. And all of this was after he almost got into a fight with three "fans" in a hotel lobby on Saturday after they tried to take his picture.

So, let's backtrack a bit: In December, it was discovered that LaBeouf's new short film, HowardCantour.com, was basically lifted from a 2007 comic by Ghost World author Dan Clowes. A huge firestorm erupted. LaBeouf took to sky-writing to apologize, inscribing, "I'm sorry Daniel Clowes" over Los Angeles on New Year's Day.

Now back to the Nymphomaniac press conference. Someone asked him this softball question: What did he think about doing a movie with so many sex scenes? He



Shia LaBeouf at the Berlin Film Festival. GETTY IMAGES

paused several beats, then replied, "When the seagulls follow the trawler, it's because they think sardines will be thrown into the sea. Thank you very much." He then left the room while his costars looked on and then softly applauded.

At first, everyone thought that LaBeouf actually said something not plagiarized for once, but that dream was quickly erased. Turns out, LaBeouf's line was borrowed from French soccer player Eric Cantona, who baffled reporters with it in the mid-1990s following his suspension for a flying kick on a heckler.

Later on Sunday, LaBeouf showed up on the red carpet with the bag on his head. Because, well, why not?

WITH FILES FROM THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Poor Paltrow gets the push from her neighbours



STARGAZING
Malene Arpe
scene@metronews.ca

Gwyneth Paltrow is selling her London house, reportedly because all the neighbours dislike her. That is such a mean, terrible lie. She's being forced to move because the neighbours all refuse to wear organically sourced cotton and it hurts her eyes.

J.K. Rowling says that she very much regrets Hermione and Ron's romantic relationship and that she



now believes Hermione should have ended up with Harry. It's infuriating and upsetting news but, fortunately for everybody, those people DON'T EXIST.

Queen Elizabeth has reportedly told Duchess Kate to lower her hemlines and to start wearing more traditional jewelry such as tiaras. Not because the Queen really cares, but it's the little things that keep life fun.

Valentino left holding the bag for photo promo gaffe

The fashion house Valentino has apologized for touting in an email blast to journalists that one of their pricey bags was carried by Amy Adams as she stepped from a car at the wake of Philip Seymour Hoffman.

Much was made of the promotional email sent Friday, complete with two photos of Adams outside the Thursday wake. Valentino said in a statement that quickly followed that the company didn't realize the photos were snapped at the sad gathering of loved ones for Hoffman, who was found dead Feb. 2 of an apparent heroin overdose in his apartment.

Hoffman, 46, co-starred with Adams in The Master and both his wake, and funeral the next day, were attended by numerous celebrities, Adams included. "We sincerely regret releasing a photo to the media ... of Amy Adams with a Valentino Bag. We were not aware the photograph was taken while she was attending the wake of Philip Seymour Hoffman. It was



Valentino is under fire for sending out a photo of Adams carrying one of the company's bags at Philip Seymour Hoffman's wake.

THE ASSOCIATED PRESS

an innocent mistake and we apologize to Ms. Adams who was not aware, or a part of, our PR efforts," said the regretful statement signed by Mona Swanson, vice-president of communications for Valentino USA. THE ASSOCIATED PRESS

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3
LIFE

This season, would you please pass the catch-up?

Leave that loan alone. When it comes to your RRSPs, 'tis nobler to stock up on contributions than to borrow that cash



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Every RRSP season I get a slew of letters from people who want to ask me about borrowing money to catch-up unused RRSP contribution room. Their bankers have convinced them to borrow big-time to catch up on all the RRSP contributions they hadn't made.

I thought this might be on more than one person's mind since it's RRSP season and the marketing material is flying in the door at a wicked clip. Remember that by its nature, marketing material is designed to show you the positive side of a strategy so you'll want to take advantage of the "offer." But not all offers are worthy of your attention.

Let's take the case of Nancy, who wants to borrow \$45,000 to catch-up her unused RRSP room. When I brought up Scotiabank's calculator, the default interest rate was 7.5 per cent. Nancy plans to repay \$530 a month.

Assuming Nancy applies her tax refund — Scotia's calculator says it'll be



That's gonna cost ya

I'm not a fan of catch-up loans. I think they play into people's needs for immediate gratification. And that immediate gratification comes with a hefty price tag in terms of the interest cost.

Gail Vaz-Oxlade

\$15,750 — to her catch up loan, it will take Nancy 10 years to get out from under this debt and it'll cost over \$7,000 in interest by the time the loan is repaid, as-

suming her interest rate does not go up one iota over the next decade. Hmmm. I wouldn't take that bet!

But hang on a second. That tax refund might not be right. Since we pay tax on a sliding scale, as the deduction is applied, Nancy's marginal tax rate might go down so that instead of getting a \$15,750 refund, she ends up with less.

The calculator doesn't take that into consideration, nor do most of scenarios in those marketing brochures. The result is that people get back less in taxes than they imagined and get stuck paying back their loan for longer.

Do I think this is a good

idea? I DO NOT.

If interest rates go up, Nancy could find her higher payments putting more pressure on her budget, since the loan rate is only fixed for the first year.

And with a loan repayment eating up a large slice of her budget pie, will Nancy be able to afford to make her regular RRSP contributions? If the answer is "No," at the end of the catch-up loan she would have to catch up the contributions she didn't make while she was repaying the loan. Sounds like a catch-22 to me.

Here's an option Nancy might want to consider. She could set up a monthly investment plan and contrib-

RRSP-ECT GAIL!

Don't even bother trying to come up with an excuse for why you can't save a dollar a day. It'll be lame.

- Every day slip a loonie into a rinsed out soup can. At the end of the month you'll have your first \$30. By the time you take the can opener to that sucker, you'll have a healthy deposit for your TFSA, RRSP or emergency savings.

ute the amounts she would have paid on the loan to her RRSP. It may take a little longer to catch up, but she would have no interest costs. All her money will be working for her instead of making a bank even more profitable.

I'm not a fan of catch-up loans. I think they play into people's needs for immediate gratification. And that immediate gratification comes with a hefty price tag in terms of the interest cost.

Saving and investing are long-term, slow and steady propositions. If you want to catch up your RRSP unused contribution room, trim back on your expenses or make enough extra money to sock away what you want. Don't borrow it.

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Slavery myths in Canada

Myth No. 1

Slavery never existed in Canada, right?

Many Canadians are under the assumption that slavery never existed in Canada (or not at the same levels found in the U.S.), which is false.

The first recorded slave to arrive in Canada was a six-year-old boy named Olivier le Jeune from Madagascar in 1628. Most slaves were imported from other British colonies and the Americas.

Myth No. 2

Canada was the first to abolish slavery before other parts of the world followed suit.

Politicians enacted legislation in 1793 that set limitations on slavery in the country. The 1793 bill meant anyone born a slave would secure his freedom when he turned 25. At the time, the average lifespan of a slave was 20 to 25 years. But slavery wasn't officially abolished until 1833 when Britain abolished it.

Myth No. 3

Weren't all black slaves who escaped to Canada from the U.S. afforded all the civil liberties enjoyed by other European Canadians?

Despite the warm and fuzzy images and scenes displayed in most current-day slave narratives, black slaves who escaped to Canada faced discrimination, violence and segregation. Unlike racist legislation, like the Jim Crow laws, passed in the U.S., Canada had largely unwritten racist codes, which many could argue made it more difficult for black people in Canada.

Myth No. 4

Slaves who escaped north lived out the rest of their lives in Canada.

Some former slaves left Canada for the U.S. once slavery was abolished in America to escape difficulties in Canada and for chances at upward mobility afforded to them by moving to cities with higher black populations. Entire generations of black Canadians were completely lost to Canadian history by moving to the U.S.

TAKARA SMALL

Canada's unknown slave-owning past

Black History Month. Historians believe about 5,000 slaves were brought to the country. Their stories are often left out of the history books



TAKARA SMALL
life@metronews.ca

You've heard this story before: A group of slaves escape for freedom in the middle of the night. But here's the twist: These slaves weren't running toward Canada. They were running from it — fleeing from Canadian slave owners and headed for freedom in Detroit.

While American slavery is having a moment in Hollywood thanks to the Oscar-nominated film 12 Years a Slave, the story of Canadian slaves — whose lives were as unjust and inhumane as those in the south — has largely been ignored.

"We tend to think of it as 'not in my backyard' myth about slavery," says Delorean Kilen, project coordinator at the Ontario Black History Society. "People don't remember

that slavery existed here because we've been 'slave-free' longer than the U.S."

Slavery existed in Canada for more than 200 years and was officially abolished 30 years before the Emancipation Proclamation order was issued by U.S. President Abraham Lincoln.

Historians believe there was an estimated 5,000 slaves who were forcibly brought to Canada, either directly as property, or shipped through the trans-Atlantic slave trade from other British colonies.

In 1793, Upper Canada outlawed importing slaves and the practice was officially abolished in 1833 alongside the rest of the British Empire.

"It's something that people don't want to talk about and are not comfortable talking about," says Natasha Henry, a historian and educator. "Slavery was used as a tool for both (British and Canadian) colonies."

"By ignoring that, we're not portraying a complete history of Canada."

Rosemary Sadlier is one of many Canadians whose roots reach back to pre-Confederation. Her mother's family can be traced to 1840, while her father's ancestors arrived in



New Brunswick in 1793.

"Everyone assumes that everyone who is black is a re-

cent immigrant, but there are thousands of black Canadians who have been here since the

Quoted

"The legacy of the underground railroad is positive and empowering but what that legacy does is that it blinds us and obscures the other things that were going on before the railroad. We had slavery in Canada, it just ended sooner."

Rosemary Sadlier, a descendant of Canadian slaves

founding of the country," says Sadlier, an author and recipient of the Order of Ontario.

"In my younger years I didn't come away with a real sense of my family's historic contributions to this country and I think there's a way that we are made to feel to various measures that we aren't the same, we haven't paid our dues, we're visitors in someone else's country," she says. "When you have something like black history, it changes all of those stereotypes because you can't be an unwelcome visitor in a country that's your own."

Charmaine Nelson, an art historian and professor at Montreal's McGill University, believes a heavy dose of corrective action is needed to educate people who see slavery as only an American experience.

"We don't ever want to take

credit for slavery in Canada so we have to keep it out there in the tropics or the U.S.," she says.

Photos and portraits that depict slavery in Canada are not easily found or publicized, which adds to the difficulty Nelson and other educators have when talking and teaching the public about this stain on our nation's history.

A painting originally called Portrait of Negro Slave is one of the few items that gives a face to slavery in Canada. The name of the portrait was controversially changed to Portrait of a Haitian Woman.

"The renaming in effect expels slavery from Montreal and Quebec, rendering it only a troubling history of tropical colonies like Haiti and not one of immediate concern to Canadians," said Nelson.

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How best to succeed in post-secondary situations? Start with a little class

On-campus etiquette.

While working hard for those As and Bs, it's important to brush up on your Ps and Qs

LASSE EMIL
KRISTIANSEN
Metro World News

Don't look sloppy, be nice to your fellow students and greet people with a firm handshake. These simple rules might seem obvious, but they're certainly not on the syllabus. In her book *The Essentials of Business Etiquette: How to Greet, Eat and Tweet Your Way to Success*, Barbara Pachter will guide you through your studies without looking ignorant or unprofessional.

When is it appropriate to



Nothing beats a solid handshake when it comes to business encounters. ISTOCK

tweet your professor?

Usually professors let their students know the best way to reach them, including

whether sending a direct message is appropriate. If a professor doesn't say anything, you can always ask.

Is it ever appropriate to friend request your professor on Facebook?

Before you send a request,

ask yourself: "Do I really want my professor to read my posts?" Plus, professors will often express their opinions about connecting with their students on social media. One professor tells her students that she will only connect with them on LinkedIn, and only after the semester has ended. My students can like my business Facebook page.

What is the proper way of greeting someone at a business meeting?

The handshake is the proper business greeting. Both men and women should stand when they shake hands.

When you are having lunch with a business associate what is the ideal thing to order?

Remember that the purpose of a business meal is business, not food. Order what you know how to eat, what is easy to eat,

and what you like to eat. A business meal is not the time to experiment. Also, order something in the mid-price range. If you order the most expensive item, it will look like you are taking advantage.

When applying to MBA programs, what is the best way to reach out to professors you're interested in working with?

I would send an email to the professor. Use a descriptive subject line to catch the professor's attention. Make sure the message is clear about what you want. Use polite language and eliminate any typos. Include your contact information — including full name and phone number.

How many emails is it appropriate to send if you don't receive a response?

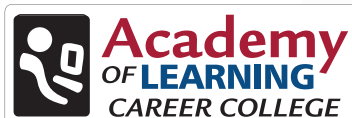
Emails do get lost so I would wait a week or so and then send one more.

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'Round the world wisdom

Stuck in the middle with your goal?

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM
THE DESERT
Stéfán Danis
life@metronews.ca

Most of us love the excitement of signing up for a big project. We jump into the endeavour with vigor and are eager to hit the ground running. When the end finally comes into view we get a surge of energy, a finishing kick allowing us to complete the project effortlessly.

When running longer distances, the real challenge is the dreaded middle where you crave that long-gone excitement

of the start line, but still can't smell the scent of the finish line.

The ever inhospitable deserts had me and most competitors dozing through the middle of the races, hardly feeling as if we made progress at all. Once I realized I had fallen victim to the blahs, the lesson was as impactful as it was simple: Be it in life, a relationship, a project or racing in the desert, most of our time gets played

out in the middle, and it is here we need to work hardest to keep our forward drive intact. I did so by inventing mini personal challenges throughout the middle of my races, this way creating a multitude of starts and finishes.

How do you push through the middle hurdle?

STÉFÁN DANIS IS THE CEO OF
NEXCAREER AND MANDRAKE, AND
THE AUTHOR OF GOBI RUNNER



The finish line of your goal may be far from sight, but this is exactly the wrong time to kick back and become complacent. ISTOCK

Goodbye grade school, hello to the globe!

Leaving the homeland and the homework?

Parents weigh in on the pros and cons of having children miss school for vacations

Heather Greenwood Davis has few qualms about pulling her children out of school for short-term trips — a practice she plans to continue in future.

In fact, the Toronto-based travel writer is such a firm believer in the benefits of learning beyond the classroom that in 2011, she took a year-long globe-trotting journey with her husband and sons (then aged six and eight).

Greenwood Davis documented their adventures — which spanned six continents and 29 countries — on her website, Globetrotting Mama. Her column Postcards from the Planet, which included photos from her travels and updates on her whereabouts, appeared weekly in Metro in 2012.

"I know the value that travel has brought to my life, even as an adult, and how many times I've been places where I've wished: 'Gosh, if I had seen this when they were trying to teach me out of the geography book or history book, it really would have sat with me better,'" she said in a recent interview.

"Outside of strict educational channels, too, we talk about socializing kids, instilling confidence and all of those sorts of things — and travel offers all of that."

As a travel adviser, Sheila Gallant-Halloran said her busiest periods at work are when

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CMPP 192	Oracle 11g: Prog PL/SQL	Mar 4
CPNT 206	Linux/Win Networking Services	Mar 4
CPRG 190	iOS Development	Mar 4
CPRG 202	.NET Development II	Mar 4
MSFT 116	Microsoft SQL Design & Implementation	Mar 4
CMPP 257	JQuery & Advanced CSS	Mar 6
CPRG 180	Android Development with App Inventor	Mar 8



Clockwise from top left, Heather Greenwood Davis, her husband Ish Davis and sons Cameron and Ethan pose for a photo in Versailles, France in May 2012. HEATHER GREENWOOD DAVIS/GLOBETROTTINGMAMA.COM / THE CANADIAN PRESS

Leaving on a jetplane

Greenwood Davis emphasizes the importance of providing ample notice about a potential trip to find out what may be covered during that period and to determine if it's a good time for the child to be away.

- "You might change your mind once you hear that they're studying something you know your child's struggling with. So I think that notice is really important," said Greenwood Davis, whose sons are now nine and 11.

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her clients are on vacation, such as March Break and the summer. That's one of the reasons the mother of two daughters, aged eight and 14, has previously allowed them to miss school to help accom-

modate the occasional family vacation, like a fall trip to Walt Disney World or an extended break for travel around Easter.

"Work commitment is the biggest thing for me. But certainly there are price considerations," said Gallant-Halloran, Ottawa-based luxury travel adviser with Vision Travel/Lush Life.

"I have a lot of teacher clients, for example, they can only go on (vacation during) March Break ... it is very difficult for them to take off other times. As a result, they're going for when the majority of people are trying to travel with their children, so they're paying higher costs for flights....

"If you're stuck and you have to travel at that time, you have to actually book far in advance to get the best pricing. And if you don't have that liberty, then you're stuck."

Having children miss several days, a week or more from school for non-essential travel may prove appealing to parents looking to squeeze in family getaways within busy work schedules or seeking to save with last-minute deals. But a British couple with three children recently paid a high price when their kids missed class.

Natasha and Stewart Sutherland had booked a week-long fall trip to Greece a year

in advance. Previously, the Department of Education allowed teachers to grant leaves of absence for family holidays during the school term in "special circumstances" of up to 10 school days per year.

But amendments enacted last September removed references to family holiday and extended leave, as well the "statutory threshold" of 10 school days.

The Sutherlands were forced to pay more than more than \$1,800 in costs and fines. Meanwhile, an online petition seeking a reversal of the amended rules has gathered more than 200,000 signatures.

Representatives for pub-

lic school boards in Toronto, Montreal and Vancouver told The Canadian Press that cases are addressed on an individual basis, and the decision on whether kids will miss class ultimately rests with the parents, provided they obtain proper clearances from school officials.

Toronto District School Board spokesman Ryan Bird said their policy is that teachers shouldn't be expected to provide detailed classroom work and homework assignments for students who are away for extended periods of time as a result of family or parent-initiated absences.

In an email, Sam Hammond, president of the Elementary Teachers' Federation of Ontario, said the union is opposed to having teachers develop homework assignments for students who are absent.

"Teachers often do get requests for homework when students are going to be away, and it does require additional work for the teacher planning what activities will be meaningful for a student when they're not in class, and trying to make sure that they do get caught up on assessments," said Dianne Woloschuk, president of the Canadian Teachers' Federation.

THE CANADIAN PRESS

The power of a passport

"I know the value that travel has brought to my life, even as an adult, and how many times I've been places where I've wished: 'Gosh, if I had seen this when they were trying to teach me out of the geography book or history book, it really would have sat with me better.'"

Heather Greenwood Davis
Travel writer

Skinny dip your favourite fruit



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Sweet Week. Prepare to feel your teeth ache as Metro gets in the mood with a different Valentine's recipe each day this week

What makes for a more outstanding Valentine's Day than

Ingredients

- 8 oz semi sweet chocolate chips
- 1/2 cup 2% evaporated milk
- 1 cup icing sugar
- 2 tbsp corn syrup
- 2 tbsp Baileys liqueur
- 4 cups combined sliced fruits, dried fruits, mini marshmallows

ending a meal with a luscious chocolate fondue? It's perfect for the romantic couple as well as a great family treat. Not to mention, a bubbling pot of melted silky chocolate during the coldest month of the year will warm up anyone's heart.

My Baileys Light Chocolate Fondue is not an oxymoron! You can definitely have your chocolate and eat it too, without worrying about excess calories, fat and cholesterol. My fondue recipe uses 2 per cent evaporated milk rather than heavy cream, which is traditionally used.

If you want more antioxidants use chocolate with a higher percentage of cocoa. But above 70 per cent cocoa is too bitter for a fondue. Semi sweet has around 35 per cent cocoa content and suits this recipe well. You can also experiment with white or milk chocolate, but you may have to add more evaporated milk.

Any liqueur of your choice will work or you can omit completely. My favourites include Kahlua, crème de menthe,

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Frangelico or fruit liqueur.

If you don't have a fondue set, just serve in a decorative heat proof bowl surrounded by the dipping ingredients.

Leftover fondue can be refrigerated and reheated for the next dipping party.

Directions

1. In a small saucepan on the lowest heat, combine chocolate and evaporated milk. Whisk constantly for 3 minutes just until chocolate is melted.

2. Add sugar, corn syrup and Baileys and simmer for 5 minutes on the lowest heat, whisking constantly.

3. Place in a bowl or fondue set with ingredients to be dipped.



TOTAL TIME
10 MINUTES

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The Power to Surprise

Day 2

Canada's momentum slows after historic day

After a best opening day ever at a Winter Olympics, Canada cooled on Day 2 with a single silver medal in figure skating.

The second-place finish in the new team event gave Canada a total of four medals at the 2014 Winter Games in Sochi, Russia.

Canada opened with a medal of every colour Saturday, including Justine Dufour-Lapointe's gold in women's moguls.

THE GOOD

Canada's figure skaters should feel good about themselves heading into their individual events after capturing silver in the new team event. A showdown is brewing in men's singles between Canada's Patrick Chan and Russia's Evgeni Plushenko.

THE BAD

- Snowboard slopestyle world champion Spencer O'Brien of Courtenay, B.C., had a rough day finishing last. A tearful O'Brien told reporters she was "really sad that I let Canada down."
- No medal in men's downhill, although Erik Guay of Mont Tremblant, Que., Manny Osborne-Paradis of Invermere, B.C., and Calgary's Jan Hudec have another chance in Sunday's super-G to end a 20-year medal drought in alpine skiing.

Canada's Sunday grade: C
THE CANADIAN PRESS

Bittersweet silver for Virtue, Moir



Figure skating.

Canada places second in inaugural team event, but duo worried about ground lost to American rivals

Scott Moir peered up the point spread and cursed quietly under his breath.

Then somebody reminded him he'd just won an Olympic medal.

Canada captured silver in the new team figure skating event at the Sochi Olympics on Sunday, but it came with mixed feelings.

Elation for Kevin Reynolds, who filled in admirably for Patrick Chan in his first international event this season. Shock for Tessa Virtue and Moir, who lost to American ice dance rivals Meryl Davis and Charlie White by their largest margin ever.

"We got smoked today, not even close," said Moir, Canada's team captain. "We just can't be that way ... it's not fun to be seven points behind in the free program. We don't plan on being there in a week."

Cheered on by an arena filled largely by its countrymen, President Vladimir Putin, and a burly man banging on a huge bass drum, Russia clinched its first gold medal of the Games with a dominant 75 of a possible 80 points. The Canadians had 65, five more than the third-place Americans.

The nine-member Canadian team — Virtue and Moir, Chan, Reynolds, Kaetlyn



Tessa Virtue and Scott Moir perform their free dance in the ice dance portion of the team figure skating event on Sunday in Sochi, Russia. MATTHEW STOCKMAN/GETTY IMAGES

Osmond, Meagan Duhamel and Eric Radford and Kirsten Moore-Towers and Dylan Moscovitch — grabbed each other in a massive group hug afterward.

They clasped hands in a Broadway style bow in the flower ceremony. Moir, however, didn't get a bouquet — the presenters were somehow one bouquet short — so Virtue reached over and clasped his hand and they held her flowers together.

In the post-podium victory lap, Moir sailed a huge Canadian flag over his head.

"We couldn't be happier for our team," Virtue said. "It's

been so much fun to cheer on our teammates all week long, they've had a lot of personal bests, a lot of special Olympic moments and it doesn't get any better than that."

But Canada's defending ice dance champions have to hope for much better when their individual event begins next Sunday.

Davis and White, who had never beaten the Canadians in the free dance by more than about a point-and-a-half, scored 114.34, topping them on the technical score and all five components — what used to be the artistic — scores.

THE CANADIAN PRESS

Highlight of the night

Kevin Reynolds, a shaggy-haired 23-year-old from Coquitlam, B.C., had Canada's best performance of the night, landing three quad jumps to finish second behind Russian veteran Evgeni Plushenko in his first international competition of the season.



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David Krejci is one of several NHLers that will face off with a teammate in Sochi. His Czech Republic team will take on fellow Bruin Loui Eriksson's Sweden squad on Wednesday. RONALD MARTINEZ/GETTY IMAGES FILE

Blood thicker than club for Sochi competitors

Olympic hockey. Several NHL teammates set to do battle on international ice

When the puck drops for men's hockey at the Sochi Games, friends will become foes.

Fast. The Czechs will face the Swedes on Wednesday, just four days after Boston beat Ottawa 7-2 in one of the NHL's last matchups before its Olympic break.

David Krejci and Loui Eriksson both had two assists for the Bruins in the rout. On Wednesday, the forwards will be playing against each other and for their countries — Krejci for the Czech Republic and

Eriksson for Sweden.

Most of the 18 preliminary-round games will feature NHL teammates as temporary opponents.

Chicago Blackhawks stars Patrick Kane and Jonathan Toews are not scheduled to face each other in the preliminary rounds, but both are hoping for a U.S.-Canada rematch in the elimination round.

"We're always, in a fun way, competing against each other on a daily basis," said Toews, who helped the Canadians beat the Americans for the gold in 2010. "We'll be competitive if we get a chance to play each other."

"One guy is not going to want the other to get the best of him."

The Los Angeles Kings have six Olympians, representing four countries. Trash-talking

began soon after the rosters were set last month.

"Throughout the room with the different teams, there's always been ribbing going on," Canada's Jeff Carter said.

Blackhawks coach Joel Quenneville has an NHL-high 10 of his players in the Olympics, spread out over five teams. He's looking forward to the game within the games.

Quenneville can see a trio of Swedes — Niklas Hjalmarsson, Johnny Oduya and Marcus Kruger — gang up on the Czech Republic's Michal Rozsival on Wednesday. The next day, he can watch Kane get tested by Slovakia's Marian Hossa and Michal Handzus.

"It's going to be great watching these guys play," Quenneville said. "I think they're going to learn a lot being on that stage, in critical situations and big moments."

"There's a good chance somebody's going to come back with a gold medal."

"It's two weeks of your life to give it your all for your country," Kane said.

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Did you know?

The NHL stars are back for their fifth consecutive Olympics since Nagano, but this might be your last chance to see them on the podium for a while. NHL owners are making serious noise about keeping the league in session in 2018 during the Pyeongchang Olympics, citing the time difference to South Korea and lost revenue.

Intense tourney

150

About 150 jetlagged NHL players join their European counterparts in a frenetic 12-team, 12-day tournament for hockey supremacy. Nobody has time for practice or team-building with three quick opening-round games before the knockout portion begins, but Canada, Russia, Sweden, Finland and the United States all have their eyes on gold.

Alliances on hold

"It's always a little weird.... But once you get out there, you'll know it's the same game. You've got to go out there and play the same way."

Sidney Crosby, who is set to face Finnish teammates Olli Maatta and Jussi Jokinen on Sunday

NHLers blazing a trail East

The NHL is officially on break now, with many of its top players flying to Russia on Sunday to prepare for the start of the Olympic hockey tournament on Wednesday. Here's a look at 6 of the hottest NHL pros heading into Sochi:

TORSTAR NEWS SERVICE



Phil Kessel (Leafs/USA)

Having his best season as a Leaf, and has been the NHL's top scorer since Jan. 1 (11 goals, 17 assists in 19 games). He's second in the league in goals and fourth in points, and has hit top-10 status in several NHL player power rankings.

Henrik Lundqvist (Rangers/Sweden)

Also red-hot since Jan. 1, he's second in the NHL in wins (10), goals against average (1.91) and save percentage (.937) in 2014. He looks to be in peak form, and will have arguably the most skilled defence in front of him at the Olympics.



Jamie Benn (Stars/Canada)

Has 22 goals and 51 points, easily on pace for new career highs. It's a first Olympic appearance for Benn, who many believe will be one of the top forwards in the game.

Patrice Bergeron (Bruins/Canada)

Had two goals on Saturday against Ottawa in the final pre-Olympic game, has led the Bruins to nine wins in their last 11 and sits just behind Anze Kopitar in Corsi-for percentage



Valeri Nichushkin (Stars/Russia)

Has 12 goals and 27 points, along with a plus-15 for the Stars — not bad for an 18-year-old rookie who deservedly got the nod for Team Russia. When playing well, he's hard to contain.

Anze Kopitar (Kings/Slovenia)

He currently sits third in even-strength Corsi-for percentage at 61.1, and is set to make history by becoming the first player in Olympic hockey to be coached by his father (Matjaz Kopitar).



Sister act strikes gold for Canada



Canadian sisters Justine Dufour-Lapointe, left, and Chloe Dufour-Lapointe show off their gold and silver medals from women's freestyle moguls at the 2014 Sochi Winter Olympics on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

Sochi 2014. Freestyle skiers Justine and Chloe Dufour-Lapointe make Canadian Olympic history

Skiing sisters Justine and Chloe Dufour-Lapointe won over many new fans as the first Canadian siblings to medal in the same Olympic event.

But in a packed news conference Sunday, Chloe wept as she reflected on two of their most important influences: their parents.

"I'm sorry, I'm overwhelmed," said the 22-year-old women's moguls silver-medallist. "This is the best moment in my life."

She said she and her two sisters — 19-year-old gold-medallist Justine and 25-year-old Maxime, who competed in the same event but didn't place — knew they couldn't let their parents down after they'd made sure their

daughters had everything they needed to participate in sports.

"You would think that it's not a big deal because it's a run down the hill," Chloe Dufour-Lapointe said. "But there are years of training behind it and I just told myself, 'You have to be very brave, you have to do what you can.'"

The moment loosened up a tightly orchestrated news conference, with French and English-speaking journalists squabbling about which language answers should be spoken in and where everyone should stand when the athletes entered the room with their parents.

The middle sister made the affair a family celebration, where the girls and their parents talked about sharing pea soup, summers on a sailboat and sibling rivalry.

And the future, too — Maxime said she plans to definitely compete again to try to match her sisters, and Justine speculated about launching a clothing line.

Sitting next to them, their

Bump and Jump

If Alexandre Bilodeau of Rosemère, Que., and Mikael Kingsbury of Deux-Montagnes, Que., continue their dominance, Canadians will be celebrating another 1-2 finish in moguls on Monday.

- **Double Trouble.** The two skiers have dominated the World Cup circuit this season and Bilodeau is the defending champion after his 2010 win where he became the first ever Canadian to win Olympic gold on home soil.

father, Yves Lapointe, was asked about the sacrifices he'd made to get them to that point.

The engineer said he wouldn't put things that way. "It's all about choices — what you want to do," he said. "Sacrifices, I don't think is the right word. Choice is much better."

THE CANADIAN PRESS

Figure Skating

Parkinson hits personal best

Ottawa-born Paul Bonifacio Parkinson scored a season-best score in his free skating program Sunday as Italy finished fourth at the inaugural team figure skating event at the Sochi Olympics.

Parkinson, who turns 23 next Sunday, was given a score of 121.23, up from the 120.70 he posted at the Nebelhorn Trophy last September.

Still the score left him last among the men competing in the five-country final field. Russia's Evgeni Plushenko won with the free program with a score of 168.20, ahead of Canadian Kevin Reynolds (167.92).

The rankings translate into points for the team standings. Russia ultimately won gold with 75 points, ahead of Canada (65) and the U.S. (60). Italy was fourth with 52 points.

The three-day team event featured a male, female, pairs and ice dance couple from each country competing.

Parkinson holds dual citizenship by virtue of his mother, who was born in Italy. THE CANADIAN PRESS

Curling. Canada, Norway are dressed for success

The Norwegian curlers have their kaleidoscope pants, but the Brad Jacobs team out of Sault Ste. Marie, Ont., is fiery, fit and ready to show it at the Winter Games.

Expect to see an intense Canadian men's curling team in form-fitting clothes when they step on the ice to open the Olympic curling competition Monday.

"We're going to be bringing everything we've got to every single game and the emotion that pours out of us sometimes, we can't control it," the skip says. "You can see that on the ice when a big shot is made and we all explode together."

"The Norwegians are famous for their pants and bring a lot of colour to the game. Our team is known for the tight shirts and tight uniforms more than the colourful pants."

The Canadian men open against Germany's John Jahr and Switzerland's Sven Michel at the Ice Cube Curling Centre on Monday.

The Jennifer Jones team out of Winnipeg takes on China's Bingyu Wang, the 2010 bronze medallist, to kick off the women's round-robin Monday.

Jacobs, third Ryan Fry



Canada's Brad Jacobs delivers the rock during a men's curling training session in Sochi on Sunday. WONG MAYE-E/THE ASSOCIATED PRESS

and brothers E.J. and Ryan Harnden on the front end are riding a rocket that launched when curling nomad Fry joined the team a year and a half ago following stints with the Brad Gushue and Jeff Stoughton teams.

The foursome won the 2013 Tim Hortons Brier for their first Canadian title for all four of them. They finished second at their first world championship, falling to Sweden's Niklas Edin in the final.

Jacobs defeated heavyweights Stoughton, Glenn Howard and Kevin Martin en route to a perfect 8-0 record at December's trials.

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MEDALS

(through 13 medal events)				
Nation	G	S	B	Total
Norway	2	1	4	7
Netherlands	2	1	1	4
United States	2	0	2	4
Canada	1	2	1	4
Russia	1	2	1	4
Austria	1	1	0	2
Sweden	0	2	0	2
Czech Republic	0	1	1	2
Italy	0	1	1	2
Germany	1	0	0	1
Poland	1	0	0	1
Slovakia	1	0	0	1
Switzerland	1	0	0	1
Finland	0	1	0	1
Slovenia	0	1	0	1
Britain	0	0	1	1
Ukraine	0	0	1	1

WHAT CANADA DID

SUNDAY

ALPINE SKIING

Men's downhill — Erik Guay, Mont-Tremblant, Que. (21st overall, two minutes 7.04 seconds); Ben Thomsen, Invermere, B.C. (19, 2:08.00); Jan Hudec, Calgary (21, 2:08.49); Manuel Osborne-Paradis, Vancouver (25, 2:09.00).

BIATHLON

Women's 7.5-kilometre Sprint — Rosanna Crawford, Canmore, Alta., (25th, 22:10.8, one penalty); Megan Imrie, Falcon Lake, Man. (31, 22:19.5 (1)); Zina Kocher, Red Deer, Alta. (32, 22:25.5 (2)); Megan Heinicke, Prince George, B.C., (39, 23:34.5 (3)).

CROSS-COUNTRY SKIING

Men's 30-km Skiathlon — Alex Harvey, St-Ferreol-les-Neiges, Que. (18th, one hour 10 minutes 0.2 seconds); Ivan Babikov, Canmore, Alta. (25, 1:10:14.6); Graeme Killick, Fort McMurray, Alta. (45, 1:13:16.1).

FIGURE SKATING

Team Event (free skates)

Men — Kevin Reynolds, Coquitlam, B.C., (second, 167.92 points); **Ladies** — Kaetlyn Osmond, Marystown, N.L. (fifth, 110.73); **Ice Dance** — Tessa Virtue, London, Ont., and Scott

Moir, Ilderton, Ont. (second, 107.56) — Canada won the silver medal with 65 points.

LUGE

Men's singles — Sam Edney, Calgary (placed 11th overall in event with a time of 3:29.77 after four runs); Mitchel Malyk, Calgary (26, 3:32.157); John Fennell, Calgary (27, 3:32.716).

SKI JUMPING

Men's K90 (normal hill) individual — Mackenzie Boyd-Clowes, Calgary (ranked 36th after first jump with 114.4 points); Dusty Korek, Calgary (39, 111.1) — neither qualified for second and final jump.

SNOWBOARDING

Women's slopestyle — Spencer O'Brien, Courtenay, B.C. (12th overall in final round with best run of 35.00 points); Jenna Blasman, Kitchener, Ont. (11th in semifinals, 32.25 - did not qualify for final).

SPEEDSKATING (LONG TRACK)

Women's 3,000 — Brittany Schussler, Winnipeg (20th, 4:14.65); Ivanie Blondin, Ottawa (25, 4:18.70).

SUNDAY'S RESULTS

ALPINE SKIING

At Krasnaya Polyana, Russia

MEN'S DOWNHILL

(starting position in parentheses)

1. (11) Matthias Mayer, Austria, two minutes 6.23 seconds; 2. (20) Christof Innerhofer, Italy, 2:06.29; 3. (8) Kjetil Jansrud, Norway, 2:06.33; 4. (18) Aksel Lund Svindal, Norway, 2:06.52; 5. Also — 10. (21) Erik Guay, Mont-Tremblant, Que., 2:07.04; 19. (6) Ben Thomsen, Invermere, B.C., 2:08.00; 21. (2) Jan Hudec, Calgary, 2:08.49; 25. (28) Manuel Osborne-Paradis, Vancouver, 2:09.00.

CROSS-COUNTRY SKIING

At Krasnaya Polyana, Russia

MEN'S 30-KILOMETRE SKIATHLON

1. Dario Cologna, Switzerland, one hour eight minutes 15.4 seconds; 2. Marcus Hellner, Sweden, 1:08:15.8; 3. Martin Johnsrud Sundby, Norway, 1:08:16.8. Also — 18. Alex Harvey, St-Ferreol-les-Neiges, Que., 1:10:00.2; 25. Ivan Babikov, Canmore, Alta., 1:10:14.6; 45. Graeme Killick, Fort McMurray, Alta., 1:13:16.1.

BIATHLON

At Krasnaya Polyana, Russia

WOMEN'S 7.5-KILOMETRE SPRINT

(penalty laps in parentheses)

1. Anastasiya Kuzmina, Slovakia, 21:06.8 (0); 2. Olga Vilukhina, Russia, 21:26.7 (0); 3. Vita Semerenko, Ukraine, 21:28.5 (0); Also — 25. Rosanna Crawford, Canmore, Alta., 22:10.8 (1); 31. Megan Imrie, Falcon Lake, Man., 22:19.5 (1); 32. Zina Kocher, Red Deer, Alta., 22:25.5 (2); 59. Megan Heinicke, Prince George, B.C., 23:34.5 (3).

FIGURE SKATING

TEAM EVENT (FINALS)

Men — 1. Evgeni Plushenko, Russia, 168.20 points; 2. Kevin Reynolds, Coquitlam, B.C., 167.92; 3. Tatsuki Machida, Japan, 165.85; 4. Jason Brown, U.S., 153.67; 5. Paul Bonifacio Parkinson, Italy, 121.23; **Ladies** — 1. Julia Lipnitskaia, Russia, 141.51; 2. Gracie Gold, U.S., 129.38; 3. Valentina Marchei, Italy, 112.51; 4. Akiko Suzuki, Japan, 112.33; 5. Kaetlyn Osmond, Marystown, N.L., 110.73; **Ice Dance** — 1. Meryl Davis and Charlie White, U.S., 114.34; 2. Tessa Virtue, London, Ont., and Scott Moir, Ilderton, Ont., 107.56; 3. Elena Ilinykh and Nikita Katsalapov, Russia, 103.48; 4. Charlene Guignard and Marco Fabbri, Italy, 81.25; 5. Cathy Reed and Chris Reed, Japan, 76.34.

Final Standings — 1. Russia, 75 points; 2. Canada, 65; 3. U.S., 60; 4. Italy, 52; 5. Japan, 51.

SNOWBOARDING

At Krasnaya Polyana, Russia

WOMEN'S SLOPESTYLE

Final Rankings

1. Jamie Anderson, U.S., 95.25; 2. Enni Rukajarvi, Finland, 92.50; 3. Jenny Jones, Britain, 87.25; 4. Sina Candrian, Switzerland, 87.00; 5. Saska Pancovichova, Czech Republic, 86.25; Also — 12. Spencer O'Brien, Courtenay, B.C., 35.00; **Semifinals** — 11. Jenna Blasman, Kitchener, Ont., (32.25; 10.50) 32.25 (did not advance).

WOMEN'S HOCKEY

PRELIMINARY ROUND

Sunday's results

Sweden 1 Japan 0

Russia 4 Germany 1

Saturday's results

Canada 5 Switzerland 0

U.S. 3 Finland 1

Monday's games

U.S. vs. Switzerland, 5 a.m.

Finland vs. Canada, 10 a.m.

NCAA football. Missouri defensive lineman: 'I am an openly, proud gay man'

Missouri All-American Michael Sam says he is gay, and the defensive end could become the first openly homosexual player in the NFL.

In interviews with ESPN, The New York Times and Outsports that were published Sunday, Sam said his teammates and coaches at Missouri have known since August.

"I am an openly, proud gay man," he said.

The 255-pound Sam participated in the Senior Bowl in Mobile, Ala., last month after leading the SEC in sacks (11.5) and tackles for loss (19), and he is projected to be a mid-round NFL draft pick.

"It's a big deal. No one has done this before. And it's kind of a nervous process, but I know what I want to be ... I want to be a football player in the NFL," he said in the interviews.

There have been numerous NFL players who have come out



Defensive lineman Michael Sam could become the first openly homosexual player in the NFL.

BRANDON WADE/THE ASSOCIATED PRESS FILE

after their playing days, including Kwame Harris and Dave Kopay.

Last year, NBA player Jason Collins announced he was gay after the season. Collins, a 35-year-old backup centre, was a free agent and has not signed with a new team this season. MLS star and U.S. national team player Robbie Rogers also came out a year ago.

THE ASSOCIATED PRESS

NCAA basketball

NBA prospect Smart apologizes for pushing fan

Marcus Smart was quiet and subdued as he apologized at a podium, a demeanour in stark contrast to the one that sent shockwaves through Oklahoma State's basketball program hours earlier.

Smart was suspended three games Sunday by the Big 12 for shoving a fan in the closing seconds of the Cowboys' loss at Texas Tech on Saturday night.

Smart apologized to the fan, his teammates and his family for his role in the altercation.

"This is not how I conduct myself," said Smart, a top NBA prospect. "This is not how the program is run. This is not how I was raised. I let my emotions get the best of me. It's something I'll have to learn from, a lesson I'll have to learn from."

Late in Saturday night's game at Lubbock, Texas, Smart tumbled out of bounds behind the basket after trying to block a shot. He was helped to his feet and then shoved Jeff Orr with two hands after it appeared the Red Raiders fan said something to him. Teammates quickly pulled Smart away as he pointed back and shouted in Orr's direction.

THE ASSOCIATED PRESS

Homan dominant in Scotties repeat



Team Canada skip Rachel Homan reacts after her last shot to defeat Alberta 8-6 in the finals of the Scotties Tournament of Hearts curling championship on Sunday in Montreal. RYAN REMIOWZ/THE CANADIAN PRESS

Curling. Canada rink takes down Alberta skip Val Sweeting to finish undefeated

Rachel Homan never got to throw a final stone in a 10th end.

Such was the dominance of Homan's Canada team, which went undefeated to claim a second straight Scotties Tournament of Hearts with an 8-6 victory over Alberta's Val Sweeting on Sunday night.

"We ran the table," said Homan. "It's an unbelievable feeling."

"I couldn't be more proud of my teammates. To be repeat champions is something we're crazy-proud of."

The Ottawa team of Homan, lead Lisa Weagle, second Alison Kreviazuk and third Emma Miskew defended the Canadian women's curling championship they won last year in Kingston, Ont.

At 13-0, they are the first since Linda Moore's rink in 1985 to go undefeated.

They were barely threatened along the way, including in the final, when they scored three in the second end and never looked back.

"Being repeat champs is

something we've worked hard for and it's something not a lot of teams have done," said Homan. "That's what I'm proud of — coming back and showing that we can do it again and that we're still dominant."

Prime Minister Stephen Harper, who has watched Briers but never before attended a Scotties, was in his Canadian Olympic team jacket among the crowd of 2,861 at the Maurice Richard Arena to watch both the final and the bronze medal game won by Manitoba's Chelsea Carey.

The win puts Homan's rink into the women's world championship March 15-24 in Saint John, N.B., looking to improve on the bronze she won at last year's worlds.

Sweeting, who finished fourth in the round-robin but beat Carey in the semifinal, was never able to recover from giving up the early lead.

"I thought we had a stronger second half, but you can't get down early on them because they're such a good team," said Sweeting. "We were setting up a couple of good ends after that but then we'd have a miss. What can you do?"

Carey won the bronze medal game 7-3 over Saskatchewan's Stefanie Lawton.

THE CANADIAN PRESS

Canada's best

"It wasn't easy — they made us work for everything.... Credit to Val's team. We needed our absolute A-game to beat them."

Canada skip Rachel Homan, after defeating Alberta's Val Sweeting.

Tennis. Bouchard leads Canada to Fed Cup playoffs

Eugenie Bouchard did everything she could to help her country.

Bouchard won both her singles matches, including the clincher on Sunday, to power Canada to a 3-1 victory over Serbia in its Fed Cup World Group II tie over the weekend.

In beating Serbia's Vesna Dolonc 6-0, 6-3, the Montreal native gave Canada a 3-0 lead in the best-of-five tie in front of her hometown fans at the Claude-Robillard Sports Complex.

"I think I played two solid matches, and I helped Canada," said Bouchard, 19. "I'm very

Waxing patriotic

"This is where I want to be. I love playing for my country. I try to enjoy every moment when I play for Canada."

19-year-old Eugenie Bouchard

proud of that. The whole team was very excited all week."

Bouchard agreed to represent her country in the Fed Cup despite her busy international schedule. On Monday, she hops on a plane to Doha, Qatar,

where she faces American Bethanie Mattek-Sands in the Qatar Open the following day.

On Saturday, Bouchard beat the No. 149-ranked Jovana Jakšić 6-1, 6-0 in a dominant performance to give Canada a 2-0 advantage after her teammate Aleksandra Wozniak of Blainville, Que., defeated Dolonc 7-5, 2-6, 6-4.

Canada will now advance to the World Group playoffs, giving the team a chance to advance from the World Group II to a higher division that includes the world's eight best teams.

THE CANADIAN PRESS



Eugenie Bouchard celebrates after beating Serbia's Vesna Dolonc in Montreal, Sunday.

GRAHAM HUGHES/THE CANADIAN PRESS

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Horoscopes

Aries

March 21 - April 20

If someone is behaving badly that does not mean you have to follow their example. This is going to be an important week, especially for relationships, so don't go annoying people just for the fun of it.

Taurus

April 21 - May 21

Don't be afraid to admit that you are out of your depth. The moment you speak up, you will have friends and family members rushing to assist you, so why suffer in silence?

Gemini

May 22 - June 21

Mars in Libra endows you with amazing levels of energy and huge self-belief. However, no matter how confident you feel, you would be wise not to take anything for granted.

Cancer

June 22 - July 23

Don't worry too much if not a lot is going right for you. Later in the week the tide will turn in your favour and you will be in control of your own destiny again. You have little to fear and lots to look forward to.

Leo

July 24 - Aug. 23

Steer clear of others' disputes today. No matter how well-intentioned you may be, you are likely to end up supporting the wrong side, which won't do your rep for picking winners much good.

Virgo

Aug. 24 - Sept. 23

Someone who is down on their luck will come to you for assistance and you won't have the heart to turn them away. Hopefully you'll also have the sense to see that their troubles are of their own making.

Libra

Sept. 24 - Oct. 23

Mars in your sign makes you confident and assertive but you are still advised to start the week slowly and carefully. Save yourself for next weekend when you'll be a winner in everything you do.

Scorpio

Oct. 24 - Nov. 22

Don't worry too much if you feel gloomy today because you will brighten up later in the week. If you don't feel like working or socializing, don't force yourself. Sit quietly, and meditate.

Sagittarius

Nov. 23 - Dec. 21

Put feelings of regret and remorse behind you and act as if life has never been better. Even a livewire Sag gets a bit down now and again but you bounce back faster than most.

Capricorn

Dec. 22 - Jan. 20

You will find it easier to be assertive on the work front over the next seven days but don't go too far and give others the impression that you are turning into a dictator. Persuasion always works better than coercion.

Aquarius

Jan. 21 - Feb. 19

The message of the stars as the new week begins is you have nothing to worry about. For some reason though you can't help but be suspicious and that could cause problems with colleagues.

Pisces

Feb. 20 - March 20

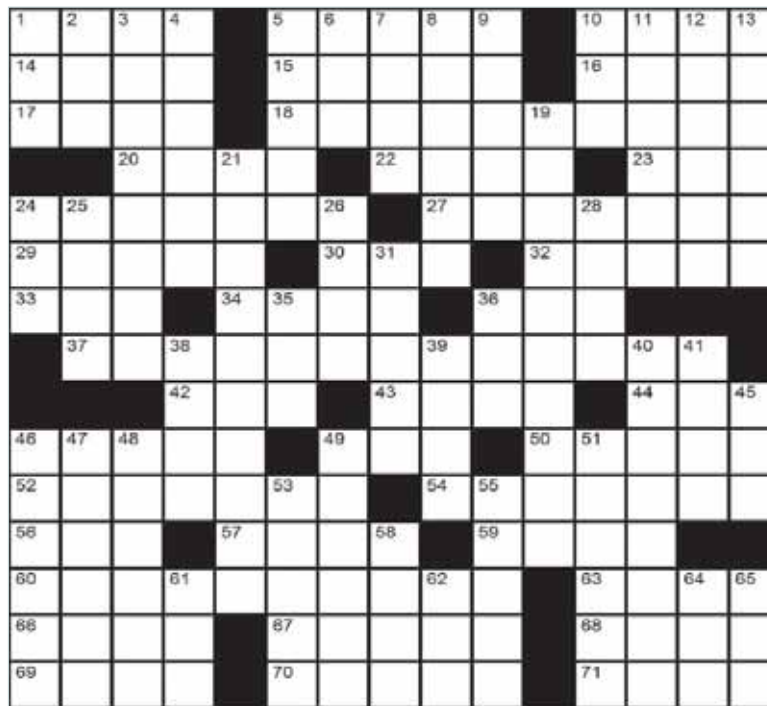
You may be tempted to cut corners but if you do you will be found out around the time of the full moon on the 14th.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Park, in Hamilton
5. 13th-century Russia invader
10. Engaged guy's event
14. Seed covering
15. Came about
16. Space
17. "Am ___ early?"
18. Canadian Country Music: Stephanie Cadman, Kendel Carson and Miranda Mulholland's trio: 2 wds.
20. Corleone Family leader
22. Salt amount
23. Tub
24. "A Little Respect" group
27. Prehistoric stone artifact
29. Radio dial
30. Perform
32. "The War of the ___" (1989)
33. House room
34. Ms. Reid
36. "Jeff ___." (Canadian comedy series)
37. SOCHI 2014 - Biathlon component: 2 wds.
42. Celtic sea god
43. Hair removal brand
44. Goon
46. Font flourish
49. Volcano's spewn material



50. "Are too!" comeback: 2 wds.
52. "Kate & ___" (2001)
54. Disentangles
56. Ms. Rand
57. Origin
59. Hosp. readouts
60. Canadian History: 1839 'Report' writer: 2 wds.

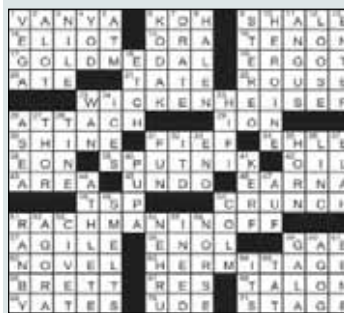
63. Thunderbirds org.
66. "___ the other hand..."
67. Manage: 2 wds.
68. Cars: ___, oil and filter
69. Ms. Suvari
70. ___ Edibles (Mrs. Garrett's gourmet shop on "The Facts

- of Life")
71. Prophet
- Down
1. Moo goo ___ pan (Take-out dish)
2. Painting
3. Explorer-to-Canada, John Cabot aka ___ Caboto
4. The Plaza Hotel's

- fictional resident
5. Small drum
6. Standard song: "Chances ___"
7. Narrated
8. Tilted
9. Peanut Butter Cups bigwig, H.B. ___
10. Roosted
11. Country singer

- Mr. Tritt
12. Get the drink to fizz
13. Actress Jennie, and surnamesakes
19. SOCHI 2014 - Ice sport: 2 wds.
21. Saskatchewan town
24. LAX posting
25. Penitent person
26. Sense organs
28. CCR tune
31. Lyricist Sammy, and surnamesakes
35. Ireland's flyer, ___
36. Law, in Lyon
38. Impertinent
39. Honolulu's home
40. Trivial matter
41. British prison
45. Mil. posts
46. SOCHI 2014 - Alpine Skiing event
47. A.A. Milne character
48. The Crystals hit: "Da Doo ___"
49. Worshipped
51. SOCHI 2014 - Free-style Skiing event
53. Scoundrel
55. Jules Verne's captain, and others
58. So
61. Genetic stuff
62. ___ crossroads
64. Pres. Lincoln
65. Iron: French

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: -12°
MIN: -22°

TUESDAY



MAX: -1°
MIN: -16°

WEDNESDAY



MAX: -6°
MIN: -6°

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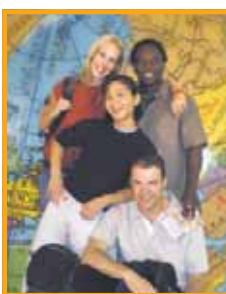
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IT'S TIME FOR AN EVEN

BIGGER DEAL

AT BIG 4 MOTORS!



DEMO
UNDER 500KM



2013 DODGE DART AUTO
13C009

\$16,998

OR PAY **\$105** BIWEEKLY



2014 DODGE JOURNEY SE
14T001

\$20,398

OR PAY **\$109** BIWEEKLY



2014 GRAND CARAVAN
14T138 - CANADA VALUE PACKAGE

\$20,998

OR PAY **\$125** BIWEEKLY



2014 MOTOR TREND TRUCK OF THE YEAR!
2014 RAM 1500 ST R/CAB
14T047

\$19,998

OR PAY **\$121** BIWEEKLY

NEW
TO THE LOT



2014 JEEP PATRIOT FWD
14J216

\$18,498

OR PAY **\$112** BIWEEKLY



2014 DODGE JOURNEY RT AWD
14T002

\$29,998

OR PAY **\$179** BIWEEKLY



2014 GRAND CARAVAN SXT
14T020 - DVD - BACKUP CAM - STOW N' GO

\$27,498

OR PAY **\$164** BIWEEKLY



2013 RAM 1500 SXT CREW 4X4
13T641 - HEMI V8 - 10,000 LB TOW RATING

\$31,998

OR PAY **\$190** BIWEEKLY

LOANER
UNDER 500KM



2013 CHRYSLER 200
13C093

\$16,998

OR PAY **\$99** BIWEEKLY



2014 GRAND CHEROKEE SRT8
14J292 - LOADED!

SCALL!

\$433 BIWEEKLY



2014 GRAND CARAVAN CREW
14T080 - DUAL DVD - PWR. SLIDING DOORS - LOADED!

\$34,497

OR PAY **\$205** BIWEEKLY



2013 RAM 2500 SXT 4X4
13T464 - CREW CAB - HEMI V8

\$34,998

OR PAY **\$208** BIWEEKLY

LANDING
DAILY!



2014 JEEP CHEROKEE 4X4
14J236
REMOTE START - HEATED SEATS - 9-SPEED

\$33,498 | **\$199**

OR PAY

BIWEEKLY

NEW
FOR 2014!



2014 JEEP CHEROKEE SPORT
14J234
9-SPEED AUTOMATIC - POWER GROUP

\$24,998 | **\$142**

OR PAY

BIWEEKLY

2014 JEEP WRANGLER SAHARA 4 DR.
14J232 - NAV - 6-SPEED MANUAL

\$34,998

OR PAY **\$208** BIWEEKLY

2014 JEEP WRANGLER SAHARA 4 DR.
14J231 - NAV - AUTOMATIC

\$35,998

OR PAY **\$214** BIWEEKLY

2014 JEEP GRAND CHEROKEE LAREDO
14J002 - CVP - PENTASTAR V6

\$39,998

OR PAY **\$224** BIWEEKLY

2014 GRAND CHEROKEE OVERLAND
14J222 - "THE WORKS"

\$54,998

OR PAY **\$325** BIWEEKLY

HOT!
TO THE LOT!



\$11,998

HOT!
2008
SEBRING
CONVERTIBLE
1 OWNER!
ONLY 58,456KM
14T001A



\$19,998

HOT!
2009
RAM 1500
SLT 4X4
119,000 KM
QUAD CAB - CANOPY
13T206A



\$19,998

HOT!
2011
GMC 1500
4X4
71,550KM
NICE!
71,550 KM



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